

March 2005

The Senior Scene Vista De Los Mayores

We Will Miss You Dory Garcia!



City of Santa Fe
Division of Senior Services
A complimentary monthly publication.

CITY OF SANTA FE
DIVISION OF SENIOR SERVICES
Administration Office
1121 Alto Street, Santa Fe, New Mexico
Patricia Rodriguez, Director

Administration

Patricia Rodriguez, Director	955-4799
Ron Vialpondo, Assistant Director	955-4710
Mary Dean, Administrative Supervisor	955-4777
Gloria Polaco, Program Secretary	955-4721
Sadie Marquez, Reception	955-4741
Gladys Stewart, Reception	955-4741

Nutrition

Ron Vialpando, Assistant Director	955-4710
Lugi Gonzales, Program Administrator	955-4711
Yvette Sweeney, Administrative Assistant	955-4739
Carlos Sandoval, Inventory Supervisor	955-4749
Enrique DeLora, Inventory Technician	955-4750

Meals On Wheels Kitchen

Juan Apodaca, Program Supervisor	955-4748
Robert Duran, MOW Assessments	955-4747

Senior Center Programming

Lupita Martinez, Center Prog. Admin.	955-4725
Rose Slade, Program Coordinator	955-4755
Christine Sanchez-Warren, Prog. Coordinator	955-4715

Foster Grandparent/Senior Companion Program

Melanie Montoya, Volunteer Prog. Admin.	955-4761
Louise Kippert, FGP/SCP Admin. Secretary	955-4744
Linda Quesada, Section Clerk Typist	955-4733

Retired Senior Volunteer Program (RSVP)

Kristin Slater-Huff, Program Coordinator	955-4760
Cristy J. Montoya, Secretary	955-4743
Patricia Moeller, Senior Services Clerk	955-4735

In Home Support Services, Respite Care

Homemaker, Non-Medical Personal Care

Theresa Gabaldon, Program Supervisor	955-4745
Katie Ortiz, Clerk Typist	955-4746

Safe Seniors Program

Kristin Slater-Huff	955-4760
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Senior Olympics/Physical Fitness

Lupita Martinez	955-4725
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Senior Registration

Brenda Ortiz, Database Specialist	955-4722
Connie Valencia, Support Staff	955-4734

Transportation

Danny Allen, Transportation Manager	955-4738
Fran Rodriguez, Transportation Dispatcher	955-4700
Cristina Villa, Transp. Admin. Secretary	955-4756

Miscellaneous

Lobby Area Phone	955-4735
Craft Room	955-4736
Pool Room	955-4737
Board Room	955-4757
FAX Machine - Administration	955-4797
FAX Machine - Nutrition	955-4794

Newsletter Production

Kristin Slater-Huff, Editor
Valerie Chelonis, Graphic Artist

CITY/COUNTY SENIOR CENTERS - For meal times, please call centers.

CHIMAYO	351-4686
Benny Chavez Community Center	
Chimayo, New Mexico 87522	
EDGEWOOD	281-2515
114 Quail Trail	
Edgewood, New Mexico 87015	
EL RANCHO	455-2195
Community Center	
P.O. Box 3860	
Santa Fe, New Mexico 87501	
ELDORADO	No Phone
1 Hacienda Loop	
Santa Fe, New Mexico 87505	
LUISA	955-4717
1522 Luisa St. (enter from Columbia St.)	
Santa Fe, New Mexico 87501	
MARY ESTHER GONZALES	955-4721
1121 Alto St. Santa Fe, New Mexico 87501	

PASATIEMPO (Rose Slade, Coordinator)	955-4755
Kitchen	955-6433
664 Alta Vista St.	
Santa Fe, New Mexico 87501	
RIO EN MEDIO	988-3053
Community Center	
El Alto Lane	
Rio en Medio, NM 87506	
SANTA CRUZ	753-8598
Abedon Lopez Community Center	
Santa Cruz, New Mexico 87567	
VENTANA DE VIDA (Pacheco)	955-6731
1500 Pacheco St.	
Santa Fe, NM 87505	
VILLA CONSUELO	474-5431
1200 Camino Consuelo	
Santa Fe, New Mexico 87505	

DIRECTOR'S REPORT

A Salute to our very own Doroteo "Dory" Garcia

Our true, caring and beloved friend Dory passed away on Friday, February 11, 2005. Dory was employed by the City of Santa Fe until his retirement in February 2003. We were very fortunate to have Dory with his vast knowledge and experience in all areas of Senior Services such as recruiting and training volunteers, conducting individual client assessments, providing transportation for clients, delivering meals to frail/homebound seniors, assisting with commodity distributions, etc.

Dory was extremely resourceful and took initiative to coordinate obtaining hospital beds, wheelchairs, grab bars, shower chairs, and canes (to name a few) for anyone in need of durable medical equipment long before we had an official equipment loan bank. He also arranged roofing repairs, weatherizing homes, and assistance with utility bills.

Dory was a compassionate, humble, energetic and down-to-earth man. He would gladly and professionally assist whoever needed a helping hand while allowing them to maintain their dignity and respect. Dory was truly a top notch "social worker" in every sense of the word.

Many people knew Dory enjoyed collecting Mickey Mouse merchandise as he proudly displayed his collection in his office and home. At times people would surprise him with Mickey Mouse items and he sincerely treasured and appreciated these gifts.

We were definitely blessed to have Dory with us for as long as we did. Dory's great sense of humor, happy-go-lucky philosophy and compassion for seniors, staff and everyone in general will be greatly missed. God bless you, Dory. We love you and will miss you very much. Like the Little Flower of St. Terese of Lisseur, I hope you spend your Heaven, interceding for us on earth.



Vaya Con Dios, Buen Amigo



Patricia Chavez-Rodriguez, DSS Director

NEWS & VIEWS

They will be missed...

Henry B. Chavez, born on December 31, 1917 to Luis Chavez and Adelia Baros, left our world peacefully on Wednesday, February 2, 2005, at the family home, surrounded by family and loved ones.



Henry was a proud WWII veteran serving in the 804 Tank Destroyer Battalion, retiree of the State of New Mexico, Vital Records Section, a lifetime member of the VFW, a member of La Union Protectiva, and an active member of the Mary Esther Gonzales Senior Citizens Center where he spent much of his time visiting with friends.

He will be remembered as a loving father, family provider and someone who set high standards for his family and instilled in them moral values and a common sense approach to everyday life. He will be cherished forever by those who knew and loved him. The family requests that in lieu of flowers donations be made to PMS Home Care and Hospice Center.

Dorothy E. Smith of Santa Fe passed away on February 5, 2005. Dorothy was a hard-working, dedicated nurse for 33 years. She touched the lives of all who knew her, and will be greatly missed, especially by her friends at the Mary Esther Gonzales Senior Center.



She is survived by Dave, Julie and (her little brother) David Segura III; sister Hazel Lucart; brother Elmer Moore; special friends Virginia, Eileen, Quannah, Jake, and many relatives and friends.

Amelia Garcia passed away on Tuesday, February 8, 2005



Caregiver Support Group

The City of Santa Fe Division of Senior Services & Friends in Deed Peer Support and Guidance present a free Caregiver Support Group.

The guest speaker will be Suzette Gonzales, R.N. from La Familia Medical Center and her topic will be "Everything You've Always Wanted to Know about Diabetes"

The program will provide education and emotional support to adults who deal with stress associated when providing specialized care for homebound individuals. A supportive atmosphere is created so caregivers can comfort each other in meaningful ways, while getting some relaxation.

New faces are always welcome. Hope to see you at the Luisa Senior Center located at 1522 Luisa St. (enter from Columbia St.) on Wednesday, March 23, 2005, from 1:00 p.m. to 3:30 p.m.

For reservations or financial aid to hire a relief caregiver during your attendance, please call Theresa Gabaldon or Gloria Polaco at 955-4721.



Self-Advocacy Class for Blind and Low-Vision Seniors

Meet with other older adults who are dealing with vision loss and discuss strategies for getting your needs met from medical professionals, family members and others who may need training from you on how to deal with your needs. This is an eight week class.

Where: 1205 Parkway Drive, Suite A

Free to blind or visually impaired adults 55 years and older.

For further details, call Mary McGinnis with New Vistas at 471-1001 ext. 17.

Call by March 11, 2005.

Preferred class size limited to 12.

Older Americans Month 2005 Photography Contest Rules

(From the U.S. Department of Health and Human Services- Administration on Aging.)

The U.S. Administration on Aging (AoA) is pleased to announce the 2005 Older Americans Month National Photography Contest. The purpose of this contest is to enhance the image of older Americans to all generations through pictures. AoA is the federal focal point and advocacy agency for older Americans and their concerns. AoA carries out its leadership and grant programs in collaboration with a National Network that includes 56 State Units on Aging, 655 Area Agencies on Aging, 244 Tribal organizations, 29,000 local community service organizations, 500,000 volunteers, and a wide range of National organizations. AoA is partnering with the National Institute of Senior Centers (NISC), a program of the National Council on Aging. NISC represents the senior center field, which serves several million older Americans each year through community based senior centers nationwide. This contest is open for non-professional photographers, age 60 and older, representing a senior center.

- Only senior center professionals can submit entries and only one entry per senior center will be allowed (that means that Santa Fe Senior Services can submit a total of 11.)
- Photos may be in black and white or color must be 5 x 7 or if using digital camera, include a print of the photo and a copy of the digital file on a disk (floppy, Zip, CD). No other photo format will be allowed. Two copies of the photo should be submitted.
- Images made from the negative MUST include the original negative.
- By entering a photograph in the AoA's photography contest, each contestant agrees to assign all copyright, trademark, and all other intellectual property rights in their winning photograph to the U.S. Administration on Aging. The model release form must be signed.
- Entries must be postmarked no later than March 24, 2005. Winners will be notified by April, 2005.

- To enter the contest, the following must be included: the entry form, a photograph with the above specifications, model release form, and a narrative by the photographer that describes in 150 words or less, how the photo expresses the 2005 Older Americans Month Theme, "Celebrate Long- Term Living."
- Entry forms are available from Gloria Polaco at the Mary Esther Gonzales Senior Center at 1121 Alto St.

Computer Classes for Seniors

GEEKUNM is New Mexico's first and only multilingual computer school (English, Spanish, Spanglish and Native American). All of their instructors are professional teachers and most are Microsoft Certified. You can keep the same instructor for all your classes. The faculty is dedicated to Lifelong Learning.



They offer many classes at various levels. You will learn Windows, keyboarding, mouse & PC skills, email, file management, Internet surf and search, and how to operate a digital camera. Learn to scan your pictures and make T shirt transfers. Make your very own personalized greeting cards and search your family genealogy.

The Internet is fun, educational and entertaining. See and shop the World Wide Web at your fingertips in the comfort and convenience of your own "cocoon." Keep in touch with your family and friends via email and instant messaging. Learn to create newsletters for your church or organization and keep track of your calendar and finances.

GEEKUNM is working with several businesses in Santa Fe to get sponsorship for classes for seniors. Then, seniors will only have to pay a minimal fee for classes. Please call them to learn more at 424-0000 or visit their web site at www.santafeusa.us

NEWS & VIEWS continued

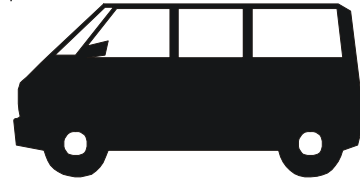
Experience Nia and Get Moving

(From Nia Technique Inc. of New Mexico)

Nia is an expressive movement form and lifestyle practice that uses the body's way to achieve physical, mental, emotional and spiritual fitness and well-being. All classes are an hour in length. No previous experience is necessary.

Sunday, March 6, Citywide Jam at the Chavez Center, 12:00- 2:00 p.m. Dance, sweat, strength and tone the healthy way- The Body's Way. Entry to all jams is by donation to the Animal Shelter of Santa Fe (cash or cans of Purina Dog or Cat Chow, Alpo or Friskies).

For the most current schedule information and class listings see their web site at www.nianewmexico.com. For more information about the Nia Technique, see www.nia-nia.com or call (800)762-5762



SENIOR TRANSPORTATION INFORMATION

Cost: Seniors age 60 or over .25¢ suggested donation per one way trip
Under 60, but ADA \$2.00 required per one way trip

Scheduling: Call for an appointment 24 hours in advance, before 3:00 p.m.
Rides are available 8:00 a.m. to 4:30 p.m. *Monday through Friday

Call: Fran Rodriguez, Transportation Dispatcher at 955-4700

Note: Drivers may arrive up to 15 minutes before or after scheduled pick-up time.

* The first Tuesday of the month, rides are available 8:00 a.m. to 2:30 p.m.

AARP Widowed Person's Service

The next meeting will be Sunday, March 13th at Ponce de Leon. There will be a presentation by Dody Fugate, Curator at the Museum of Indian Arts and Culture, discussing pre-Columbian dogs.

All are invited to attend. To reserve your space, please call Virginia Pickard at 983-6250.

Need Help with Heating Costs?



Call the N.M. Aging and Long-Term Services Department at 1 (800) 432-2080 to find out about LIHEAP, the Low Income Heat and Energy Assistance Program.

ECHO Commodities Food Distribution

At the County Extension Building.
3229 Rodeo Rd.

Third Tuesday of every month
9:30 a.m. - 1:30 p.m.

Next distribution March 15.
Call 505-242-6777 for more information.



Employment Opportunities

SER- Jobs for Progress and AARP Senior Employment Program have openings to hire several eligible seniors.

There are several positions each for Cook Aides, and for Meals on Wheels drivers from the M.E.G. Senior Center.

All positions are 20 hours a week. Applicants must meet income guidelines and be at least 60 years of age.

For more information, please call Ron Vialpando at Senior Services at 955-4710.

RENESAN Institute for Lifelong Learning

(From their Spring 2005
Catalog)

Purpose: RENESAN's purpose is to promote lifelong learning, to provide programs that reflect the interests of members, and to encourage intellectual, emotional, and social growth through learning. RENESAN offers courses, forums and lectures that promote understanding and appreciation of subjects from the wide spectrum of human achievement and our natural world.

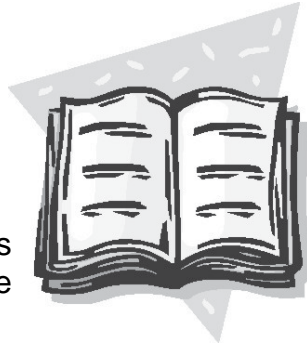
Classes & Lectures: All classes meet during the day in the classrooms in St. John's United Methodist Church, unless otherwise noted, and are scheduled for two hours. The courses meet weekly, Monday through Thursday, and vary in length. The instructors are highly qualified and experienced in teaching adults. Two hour lectures presenting topics of local and global interest, are scheduled throughout the semester.

Board Meetings: All board meetings are open. If you want to know more about the workings of RENESAN, let a Board member know that you would like to attend a meeting.

Benefits: Your membership entitles you to enroll in RENESAN classes and to attend lectures for a reduced fee. You will receive all mailings, including newsletters and announcements. Also you are eligible to participate in the General Meetings and all trips and social events.

Fees & Registration: As a member, you support RENESAN's purposes. You must be a member of RENESAN to enroll in classes. Membership fee is \$20 a year (9/1/04- 8/31/05).

Contact: RENESAN office and classrooms are located in St. John's United Methodist Church phone number 982-9274 fax 982-9284 or email: renesan@newmexico.com
[website: www.renesan.org](http://www.renesan.org)



The Royal Road

(From *El Palacio* Winter-Spring 1997-98)

Today El Camino Real is largely forgotten by Americans and Mexicans alike. In the United States, most school children are taught about the Mayflower, the Pilgrims landing at Plymouth Rock, and settlers at Jamestown, instead of Juan de Onate and the intrepid colonists who settled New Mexico in 1598.

In 1680 when the Pueblo Indians in New Mexico revolted, attacked Santa Fe, and drove the Spanish out of New Mexico, it was Camino Real that became the lifeline for the retreating Spaniards. And in 1692 the Camino Real carried Don Diego de Vargas back into New Mexico to reconquer the Province for Spain.

In 1821 American traders cut the Santa Fe Trail from Missouri to New Mexico, linking the United States and Mexico via an overland route for the first time. In 1846 the United States invaded New Mexico along the Santa Fe Trail. In order to force a surrender on what it considered to be favorable terms, the U.S. army marched south on the Camino Real and took Chihuahua City. The ensuing treaty divided the trail into two parts, separated by an international border.

In the years following the Civil War, the trail slowly lost its importance. By the 1880s and 1890s, rails had been built along most segments of the trail, and by the end of the 19th century the Camino Real was only a memory.

MADD Study

(Mothers Against Drunk Driving)

Wanted: Bright, community-minded people who want to make a difference.

Mothers Against Drunk Driving, working in conjunction with Johns Hopkins University, is conducting a research project on the New Mexico Courts and our DWI crisis.

By getting involved in this project, you will monitor DWI trials in the courtroom and fill out a form regarding the proceedings of the cases.

The study will be used to craft policy and pinpoint reforms needed in the judicial system. Ultimately, the study will help save lives.

Training and support are provided and the time commitment is as flexible as you wish it to be. For more information, contact Steve Ulibarri at (505) 255-2955 or, in Santa Fe, call the Senior Volunteer Program at 955-4760.

Birthdays- A Reflection

(By Edgewood Senior Simon Arzigan)

Another birthday is about to come in a short while and again I pause to reflect on the years that have gone before. There have been years of great trials and years of great joy, and in between, the joys and tears of everyday living. Struggles have been endured and challenges met and conquered. Many were the times when I had to wonder if it was all worth it. Why go through all of the pain and trouble life sometimes delivers at our door unwanted? The answer seems to come only after one gets to the senior years and has a chance to reflect back and assess life from the advantageous position of hindsight.

For reasons I cannot explain, and through no merit of mine, I have been granted four scores and some years but somehow survival was granted instead. For example, as a youngster I was struck by a car as I dashed across the main street of my hometown without looking. Miraculously, I was not killed but only badly bruised, and with a cut on my hand. Still as a youngster I had a tonsillectomy which went terribly wrong and nearly cost my life. Then during World War II, in the Army, I served over two years in overseas war zones. I survived that episode physically, but unhappily carry to this day the memory of those years of strife and danger. After the war there were college, marriage, jobs, child raising, and all of the other things that families must do to maintain themselves. There were the expected and unexpected, ups and downs which were encountered and were either enjoyed or endured.

Then comes the time when you find yourself a senior citizen. Now you ponder the question asked earlier "Was it all worth it?" Looking about me, with the help of hindsight, and seeing my children, grandchildren, achievements of the family, friends, neighbors and benefactors, I can most confidently answer the question with a resounding "Yes it was worth it!"

There are, of course, many problems which as seniors we are bound to encounter in the future, but keeping a positive outlook on life offers. The senior years can be "golden," so I happily look forward to the coming birthday.

Employment Opportunity for Seniors Customer Service Center Representatives for Villa Linda Mall

Shifts are Thursday through Saturday 3:00 pm to 9:30 pm, Thursday and Friday 9:30 am to 3:30 pm, with 2- 15 minute breaks. Starting pay is \$10 per hour. This position is to provide courteous and helpful information or services to customers, merchants, staff members, and other individuals. The Customer Service Representative is also in charge of selling mall services and products, promoting mall marketing events or promotions and providing center-related information.

Requirements: Need to be cash register and computer literate. Familiar with programs including Word, Excel, Outlook Express and databases. Able to handle large incoming telephone volume. Bending is required. Employment application may be picked up and returned to Villa Linda Mall Customer Service or mall management office. For more information, please contact Katy Fitzgerald or Jean Brasser at 473-4253.

Don't Forget to Vote March 15

There will be a special election on March 15 that will ask only one question: Should the Gross Receipts Tax (GRT) be increased one-quarter of one percent? This tax on goods and services, except food and medical, is shared by everyone-including tourists and visitors. It amounts to an extra .25¢ on a \$100.00 purchase.

What will this tax be used for? Only on WATER PROJECTS! The proceeds will go only to purchase water rights, to build a water-treatment plant and enhance its security, to repair or replace aging pipes, to help build the Buckman Direct Diversion Project.

Mayor Delgado and City Counselors and City employees will be visiting senior centers in the next few weeks to explain it all and answer questions.

You can go to the polls on March 15 or you can vote early at the City Clerk's office, 200 Lincoln Ave, room 210. Call 955-4206 for information on water projects or 955-6520 for election information.



American Red Cross Presentation

By Senior Dorothea Dante

A sincere "thank you" to Steven Bond, Director of Emergency Services for the American Red Cross of Santa Fe. He made a fine presentation on January 27th at the Santa Fe Housing Authority Learning Center. It was both comforting and reassuring to listen to Steven explain to us the important things we can do to be safe and secure in case of an emergency. For those of you who could not attend, I have prepared a brief summary of the steps you can take to be prepared.

The three most important things you can do:

1. Make a plan- before anything happens. Share contact information (phone numbers, addresses, etc.) with family or friends and make arrangements for who should be the contact person in case of emergency.
2. Build a kit. Call the Red Cross at 424-1611 for the pamphlets "Disaster Preparedness for Seniors, by Seniors" and "Preparing for Emergencies for People with Mobility Problems". Copies will be mailed to you.
3. Learn about possible emergencies. Radio (KOB 770 AM) and television (KOB channel 4) will provide you with up-to-the-minute information. Also, newspapers and magazines can keep you updated on Homeland Security news.

Our lives changed on September 11, 2001 and they shall never be quite the same again in America. We live in a state of awareness and alertness to possible attacks within our country. It does not mean we cannot enjoy our lives, but it does mean that we should be responsible for taking care of ourselves, doing everything we can and then be at peace and hope for the best always.

I shall keep you informed on any new security information that will help you.

Again, thanks to the Red Cross for showing us you care.



Santa Fe Public Schools' "Juntos los Jueves"

(Together on Thursdays) Project

Juntos los Jueves is a new weekly project conducted throughout the school year for homeless families with elementary age children. Each Thursday, at Cesar Chavez School, they provide dinner and food for the weekend from Food for Santa Fe and tables filled with books and clothing, as well as resources, referrals and other types of assistance through a licensed social worker. All events and materials are bilingual.

More than 285 students live in homeless situations this school year. Currently, 15 families are participating in the program.

They invite community groups, faith-based organizations, youth groups and families to volunteer to cook and serve a meal for a family gathering. They supply the cooking pots, utensils and even food if necessary. This is a mutually beneficial opportunity-one where your group members can make a difference in someone's life, while learning more about others in the community.

They can also use door prizes of gift certificates and nice items for parents and children, to provide further incentive for parents to attend the program.

You can volunteer to request donations from stores you frequent.

For more information, please, call Gaile Herling at 476-2571.

HAPPY SAINT PATRICK'S DAY!





FREE TAX ASSISTANCE

AARP Tax Aid, in cooperation with Tax Help N.M. and the Division of Senior Services, will offer tax preparation to seniors and low-income New Mexicans. Trained volunteers will complete your Tax Year 2004 Income Tax return, free of charge. Appointments are not necessary. First come, first served.

**Please bring your Tax
returns from 2003**

Most seniors are eligible for rebates, even if they did not receive any income in 2004.

Please come find out what rebates you are eligible for.

NEW LOCATION:

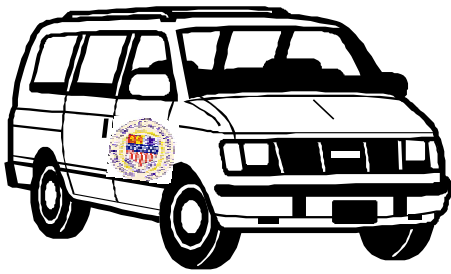
*Santa Fe Community College's
Business & Technology Dept.
located on the ground floor
of the west wing*

*Mondays through Fridays 9:00 a.m. to 2:00 p.m. Saturdays
9:00 a.m. to 12:00 p.m.*

February 1st through April 15th

Senior Services vans will be at the SFCC every hour on the hour to take you home after filing your taxes.

If you have questions, please call Melanie at 955-4761



Transportation Pick-up Policy

- * Individuals age 60 and older qualify for transportation service.
- * Seniors must call 955-4700 the business day before to reserve a ride.
- * Drivers may arrive up to 15 minutes *before or after* the senior's scheduled pick-up time. *Please be ready.*
- * Drivers can wait no more than 5 minutes. *Please be ready.*
- * If a senior is not ready, a notice will be placed on the door stating that they may reschedule for the following day.

Help us continue to provide the best assisted transportation service to you by following this policy.

Thank you!

Facts to know...

- * 12 drivers are employed in the Transportation Section.
 - * 6 vans are equipped with wheelchair-lifts.
 - * 34 wheelchair transports are provided daily.
 - * 16 vans can transport up to 15 seniors at one time.
 - * 300 non-wheelchair assisted rides are provided daily.
- * **As a reminder, our 25¢ suggested donation per one-way-trip rate is the lowest in the State.**

LEGAL & CONSUMER INFORMATION

Precautions

(From the National Crime Prevention Council)

As people grow older, their chances of being victims of crime decrease dramatically. But lifetime of experience, coupled with the physical problems associated with aging often make older Americans fearful. Though they're on the lookout constantly for physical attack and burglary, they're not alert to frauds and con games- in reality the greatest crime threat to senior's well being and trust. Want to conquer fear and prevent crime?

Take these common-sense precautions.

- Go with friends or family, not alone.
- Carry your purse close to your body, not dangling by the straps. Put your wallet in an inside coat or front pants pocket.
- Don't carry credit cards you don't need or large amounts of cash.
- Use direct deposit for Social Security and other regular checks.
- Whether you're a passenger or driver, keep car doors locked. Be particularly alert in parking lots and garages. Park near an entrance.
- Sit close to the driver or near the exit while riding the bus, train, or subway.
- If someone or something makes you uneasy, trust your instincts and leave.

Make your Home Safe and Secure

- Install good locks on doors and windows. Use them! Don't hide keys in mailboxes and planters or under the doormats. Instead, leave an extra set of keys with a neighbor or friend.
- Ask for photo identification from service or delivery people before letting them in. If you are the least bit worried, call the company to verify.
- Be sure your street address number is large, clear of obstruction and well- lighted so police and other emergency personnel can find your home quickly.
- Consider a home alarm system that provides emergency monitoring for burglary, fire, and medical emergencies.

Watch Out for Con Artists

- Don't fall for anything that sounds too good to be true: A free vacation; sweepstakes prizes; cures for cancer and arthritis; a low risk, high-yield investment scheme.
- Never give your credit card, phone card, social security, or bank account number to anyone over the phone. It's illegal for telemarketers to ask for these numbers to verify a prize or gift.
- Don't let anyone rush you into signing anything such as an insurance policy; a sales agreement; or a contract. Read it carefully and have someone you trust check it over.
- Beware of individuals claiming to represent companies, consumer organizations, or government agencies that offer to recover lost money from fraudulent telemarketers for a fee.

If you're suspicious, check it out with the police, the Better Business Bureau, or your local consumer protection office. Call the National Consumers League Fraud Information Center at 800-876-7060.

Direct-Mail Schemes

(From *Who Cares: Federal Trade Commission and National Association of Attorneys General*)

A consumer wrote: Someone sent me a newspaper clipping with a product that's supposed to reverse the effects of aging. On this article was a handwritten note that said, "Try this. It works! R." I don't know who R is. Is this product on the level? What should I do?

Some direct-marketers advertise their products through ads disguised as "clipping" sent by unnamed "friends." The fact is that R doesn't exist. The company got your name from a mailing list and sent the note from R to you and thousands of other consumers. Other popular tricks are designs on the envelope to look like a check or letter from a government agency, or to mimic the style of urgent overnight mail deliveries. If a company uses a deceptive tactic on the outside of an envelope, be skeptical about what's inside, too.

Report any questionable solicitation you receive in the mail to your local Postmaster or Postal Inspector.

Check the phone book for the number, or go to these web sites: Chief Postal Inspector United States Postal Service www.ups.gov Your State Attorney General www.noag.org Federal Trade Commission Consumer Response Center Toll-free 1-877 Ft-Help (382-4357) www.ftc.gov National Institute on Aging Information Center Toll-free voice 1-800-222-2225 toll-free TTY 1-800-222-4225 www.nih.gov/nia

RSVP THE RETIRED AND SENIOR VOLUNTEER PROGRAM

COMMUNITY NEEDS

The following are volunteer positions, and each comes with training and support. If you are interested in any of these exciting opportunities, please call Kristin Slater-Huff in the Retired & Senior Volunteer Program office, at 955-4760. We will enroll you in RSVP, provide you with free insurance, and give you volunteer support through banquets, gifts and mailings while we set you up in the volunteer job(s) of your choice.

The Santa Fe Health Office's **Children's Medical Services** needs some assistance! In their offices on Letrado St. they could use someone to answer the



phone, take messages and write a memo using a computer. This work is very important to the running of the office, so that staff has time for one-on-one focus for the patients and their families. Familiarity with Spanish helps, but it is not necessary.

The **Long-Term Care Ombudsman Program** is a vital program of the New Mexico Aging Network. Trained volunteers advocate for the rights of residents in nursing homes, assisted living facilities and residential care homes. They ensure that the Resident Rights of Fairness, Freedom, Choice, Privacy, and Access to a Lawyer are being met in facilities. Currently, the program needs a volunteer or two to assist with office duties. They would like someone who is comfortable with a computer and could **provide data entry, as well as do some filing and other assorted duties.** Interested volunteers would be dealing with confidential resident cases, and so a background check is required. The lovely building is entirely wheelchair accessible and you are welcome to set your own schedule as you work with dedicated and caring staff members. Please consider making this very valuable contribution to the senior and disabled community.



The **Office of the Attorney General's Consumer Protection Division** desperately seeks a volunteer to handle their consumer protection materials. They need someone to come in a **few hours a week to sort, stock, inventory and reorder consumer protection brochures and flyers for the public** to access. The very grateful staff will provide you with support and training, and all the materials you will need. You will become a member of the team, along with the staff. They are waiting to welcome you.



The Recovery from Addictions Programs (RAP) is a non-profit organization established 30 years ago. They are committed to serving people suffering from substance abuse and co-occurring mental health or organic brain disorders through therapeutic detox services, intensive rehab services and the 90-day extended rehab services.

RAP has a residential detoxification center off Airport Road and they could use volunteers in the following manner: **Cook a hot meal for the residents; provide free computer maintenance for staff; drive a client to a doctor appointment; assist with basic maintenance. They are also seeking volunteer medical technician assistance to distribute medications.** The facility is wheelchair accessible and all volunteers are subject to a criminal background check.

RSVP THE RETIRED AND SENIOR VOLUNTEER PROGRAM

Volunteer Statistics

(From the Bureau of Labor Statistics)

Volunteers in the United States, 2004

About 64.5 million people volunteered at least once from September 2003 to September 2004. That is about 29% of the population and balances out to ¼ of men and 1/3 of women. The median number of hours worked for both groups together was 52 hours. Most volunteers worked for either a religious entity (34%) or educational/youth services (27%). Another 12% of volunteers performed activities mainly for social or community service organizations, and 7% gave most of their hours for hospitals or other health organizations.



The Volunteer Programs wish a very happy birthday to our RSVP, SCP and FGP volunteers born in the month of

March

Josephine Bassett	3/1	Terri C. Gonzales	3/14
Stella Gonzales	3/1	Carmen Marquez	3/14
Susan B. Clough	3/2	Matilda Romero	3/14
Rosina Contreras	3/2	Toni L. Chapman	3/15
Alfredia Quick	3/2	Sarah E. Konopka	3/15
Casimiro Quintana	3/4	Walter J. Backus	3/16
Barbara E. Mason	3/5	Christine Fidel	3/17
Lucille Smith	3/5	Paana Anderson	3/18
Gloria P. Holladay	3/6	Annie L. Sandoval	3/18
Vickie Lucero	3/6	Josie Fernandez	3/19
Robert J. Montalvo	3/7	Aurora G. Salazar	3/19
Tommie Trujillo	3/7	Simon Arzigian	3/20
William A. Morrison	3/8	Gloria H. Trujillo	3/20
Andres V. Romero	3/8	Bernie Jaramillo	3/21
Nick Farley	3/9	Silverio Martinez	3/23
Mary V. Martinez	3/9	Cecilia Griego	3/26
Juliana McCluggage	3/10	Arturo Ortiz	3/26
Isabel Oesterreicher	3/10	William A. Starkovich	3/26
Clara Patron	3/10	Mary Carrillo	3/28
Edith Trujillo	3/11	Juan J. Gallegos	3/28
Anna V. Trujillo	3/12	Consuelo Medina	3/28
Margaret Gonzales	3/12	Ramona Ruybalid	3/28
Suzanne A. Shaw-Chavez	3/12	Waldo Anton	3/30
Silviano Torrez	3/12	Tony S. Armijo	3/31
Valerie Dorsey	3/13	Patricio A. Garcia	3/31
William Gilmore	3/13	Jindra Kalus	3/31
Gerald Heggen	3/13	Becky Runer	3/31
Dave McQuarie	3/13		
David C. Zerbst	3/13		

Main Reasons for not volunteering last year

Out of the nine possible reasons listed, most people who used to volunteer but did not in 2004 said they stopped volunteering due to lack of time (45%). The next



highest category was ceasing volunteerism due to health reasons (14.4%). Family responsibilities or childcare problems accounted for 9.1% and the idea that they were no longer needed in the volunteer job kept 8.5% of volunteers from returning.

What's keeping you from volunteering now? We'd love to have you join RSVP and know you are making a difference. Call us at 955-4760.

Welcome to Spring!



Have a Great Day!

ACTIVITIES

Talent Show

Everyone is invited to come see the wonderful talents our Senior Olympians have – and maybe even compete! The Senior Olympic Talent Show will be on Friday, May 13 at 1:00 p.m. at the Fraternal Order of Eagles, 833 Early Street. Come support our local seniors. Talent categories are music, singing, dance (Line Dancing, Jitterbug, Waltz, Polka and Country Western) skits, etc. FUN and ENTERTAINING! Hope to see you all there!



St. Patrick's Day Gathering

Join us for a St. Patrick's Day event at the Pasatiempo Senior Center on Thursday, March 17 at 11:00 a.m. Music provided by Phil Trujillo.



Pasatiempo Bake Sale

Wednesday, March 9. Starts at 9:00am.
Mark your calendar!



MARCH BIRTHDAY CELEBRATION

The Mary Esther Gonzales Senior Center will host a party on Friday, March 18 at 11:30 a.m. in celebration of those with birthdays this month. Everyone is welcome!
Join in and enjoy the sing-a-long!

MEG Senior Center

Projected on a huge,
Theater-style
14' x 16' screen
On Thursday,
January 20th
At 1:00 p.m.



"My Big Fat Greek Wedding"

Starring Nia Vardalos as Toula Portokalos and John Corbett as Ian Miller. Funny! Any large, close family can relate to this movie. Growing up in an extremely traditional Greek family, Toula is expected to grow-up, marry a nice-Greek boy and have many children, only Toula dreams for a different life. As a young Greek woman, she falls in love with a non-Greek and struggles to get her father and family to accept him. She learns to appreciate her family, her heritage, and accept who she is. Rated PG. Comedy/Romance

Luisa Senior Center

Wednesday,
March 23, 2005
At 1:00 p.m.



"Shall We Dance"

Starring Richard Gere, Jennifer Lopez, and Susan Sarandon. This is a delightful romantic comedy where a bored, overworked estate lawyer, upon first sight of a beautiful instructor, signs up for ballroom dancing lessons. Keeping his dancing lessons a secret from his friends and family he finds that it brings new life and excitement in his life. He soon realizes the love of his life. Rated PG-13. Drama/Romance/Comedy

ACTIVITIES



Hawaii 15-Day Trip September 19 through October 3, 2005

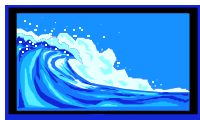
Single: \$2,999.00

Double: \$2,399.00

First half must be paid by April 15,
and paid in full by June 15.

Space is limited. First 35 paid will go.

We will visit the islands of:



Waikiki day 1 thru day 5

Kauai day 6 thru day 8

Maui day 9 thru 10

Hilo day 11

Kona day 12 thru day 14

We will depart for home on day 15.



Dinners and shows are optional and cost extra.

Call Corrine at 986-1780 or Ken at 955-4721 to

reserve your space or for more information.

ACTIVITIES

schedule by center

All activities are free of charge and open to anyone 60 years and over with a senior membership card.
Classes are held at Santa Fe County and City of Santa Fe Senior Centers. See inside cover.

Weaving Open Crafts Ceramics Shopping/Errands	CHIMAYO Monday Tuesday Wednesday Thursday	12:30 pm 12:30 pm 12:30 pm 12:00 pm	Coffee Social Guitar (beginner) Exercise Yoga Beg. Line Dancing Adv. Line Dancing Sing-A-Long (Span.) Sewing Wood/Straw Tai Chi Sounds of the Past (English) Spanish Class	PASATIEMPO Mon. thru Fri. Monday Mon./Wed./Fri. Tuesday Tuesday Tuesday Wednesday Wednesday Wednesday Thursday Mon./Thur. Tuesday	8:00 am 9:00 am 10:00 am 8:30 am 12:30 pm 1:00 pm 11:30 am 1:00 pm 9:30 am 9:00 am 11:30 am 9:00am/ 1:00pm
Board Games Ping-Pong Ceramics (beg.) Exercise Bingo Ceramics Leatherwork Sing-A-Long Art Technique	EDGEWOOD Mon. thru Fri. Mon. thru Fri. Monday Tuesday Tuesday Tuesday Wednesday Thursday Thursday	10:00 am 12:30 pm 1:00 pm 10:00 am 12:30 pm 1:00 pm 1:00 pm 12:30 pm 1:00 pm	Art Liquid Embroidery Ceramics Bingo	RIO EN MEDIO Tuesday Wednesday Wednesday Wednesday	10:00 am 10:00 am 10:00 am 12:30 pm
Bingo Ceramics Weaving Open Arts & Crafts Shopping/Errands	EL RANCHO Mon./Wed. Monday Wednesday Tues./Wed./Thur. Thursday	12:00 pm 12:00 pm 9:00 am 12:00 pm 12:00 pm	Weaving Ceramics Open Crafts Exercise Wood/Straw Shopping/Errands	SANTA CRUZ Tuesday Monday Tues./Fri. Wednesday Tuesday Thursday	9am/12:30pm 12:30 pm 9:00 am 12:00 pm 12:30 pm 12:00 pm
Coffee Social Pool/Cards Liquid Embroidery Sing-A-Long Guitar Lessons Quilting Walking Bingo Movie Day	LUISA Mon. thru Fri. Mon. thru Fri. Monday Tuesday Wednesday Thursday Friday Friday Last Wed. of Month	8:00 am 8:00 am 9:00 am 11:45 am 9:00 am 9:00 am 8:30 am 1:00 pm 1:00 pm	Bd. Games/Cards Coffee Social Bingo Art Technique Open Crafts Exercise Toastmasters	VENTANA DE VIDA Daily Mon. thru Fri. Monday Tuesday Friday Daily Tuesdays	10:00 am 11:00 am 1:15 pm 1:15 pm 1:15 pm 8:30 am 6:30pm
Exercise Pool/Cards Hospice Crafts Bingo Crafts Movie Day Ceramics Clay Wood/Straw Quilting Movie Day Sing-A-Long Knitting	M.E.G. Mon. thru Fri. Mon. thru Fri. Monday Mon./Wed. Tuesday 3rd Thursday Wed./Fri. Friday Thursday Thursday Thurs. Feb. 17 Friday Friday	7:30 am 8:00 am 1:30 pm 1:00 pm 1:30 pm 1:00 pm 9:30 am 9:30 am 9:30 am 1:30 pm 1:00 pm 11:30 am 2:30 pm	Coffee Social Ceramics Open Crafts Clay Bingo Wood/Straw	VILLA CONSUELO Mon. thru Fri. Mon./Wed. Mon./Wed./Fri. Mon./Wed. Tues./Thur. Wednesday	8:00 am 9:30 am 9:00 am 9:30 am 11:00 am 1:00 pm

Classes are subject to change or cancellation. For more information, please call 955-4725.

ACTIVITIES schedule by class

All activities are free of charge and open to anyone 60 years and over with a senior membership card.
Classes are held at Santa Fe County and City of Santa Fe Senior Centers. See inside cover.

ART CLASS

Edgewood	1:00 pm	Thursday
Ventana de Vida	1:15 pm	Tuesday
Rio en Medio	10:00 am	Tuesday

BINGO

El Rancho	12:00 pm	Mon./Wed.
Luisa	1:00 pm	Friday
M.E.G.	1:00 pm	Mon./Wed.
Rio en Medio	12:30 pm	Wednesday
Ventana de Vida	1:15 pm	Monday
Villa Consuelo	11:00 am	Tue./Thur.
Edgewood	12:30 pm	Tuesday

BOARD GAMES

Edgewood	10:00 am	Mon. thru Fri.
Ventana de Vida	10:00 am	Mon. thru Sat.

CERAMICS

Chimayo	12:30 pm	Wednesday
Edgewood (Beginner)	1:00 pm	Monday
Edgewood	1:00 pm	Tuesday
El Rancho	12:00 pm	Monday
Rio en Medio	10:00 am	Wednesday
Santa Cruz	12:30 pm	Monday
Villa Consuelo	9:30 am	Mon./Wed.
M.E.G.	9:30 am	Wed./Fri.

CLAY

Villa Consuelo	9:30 am	Mon./Wed.
M.E.G.	9:30 am	Friday

COFFEE SOCIAL

Luisa	8:00 am	Mon. thru Fri.
Pasatiempo	8:00 am	Mon. thru Fri.
Ventana de Vida	11:00 am	Mon. thru Fri.
Villa Consuelo	8:00 am	Mon. thru Fri.

CROCHET/EMBROIDERY/KNITTING

Luisa (Liquid)	9:00 am	Monday
Rio en Medio (Liquid)	10:00 am	Wednesday
M.E.G.	2:30 pm	Friday

EXERCISE

Edgewood	10:00 am	Tuesday
Luisa (Walking)	8:30 am	Friday
M.E.G. (Open)	7:30 am	Mon. thru Fri.
Pasatiempo (Class)	10:00 am	Mon./Wed./Fri.
Santa Cruz	12:00 pm	Wednesday
Ventana de Vida (Open)	8:30 am	Mon. thru Fri.

GUITAR (Beginner)

Pasatiempo	9:00 am	Monday
Luisa	9:00 am	Wednesday

LINE DANCING

Pasatiempo (Beg.)	12:30 pm	Tuesday
Pasatiempo (Adv.)	1:00 pm	Tuesday

LEATHERWORK

Edgewood	1:00 pm	Wednesday
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MOVIE DAY

Luisa	1:00 pm	Last Wed.
M.E.G.	1:00 pm	Thur. Feb. 17

OPEN ARTS & CRAFTS

Chimayo	12:30 pm	Tuesday
El Rancho	12:00 pm	Tues./Wed./Thur.
Santa Cruz	9:00 am	Tues./Fri.
Villa Consuelo	9:00 am	Mon./Wed./Fri.
Ventana de Vida	1:15 pm	Friday
M.E.G. (Hospice)	1:30 pm	Monday
M.E.G. (Crafts)	1:30 pm	Tuesday

PING PONG

Edgewood	12:30 pm	Mon. thru Fri.
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POOL/CARDS

Luisa	8:00 am	Mon. thru Fri.
M.E.G.	8:00 am	Mon. thru Fri.

QUILTING/SEWING

Luisa	9:00 am	Thursday
Pasatiempo	1:00 pm	Wednesday
Ventana de Vida	1:00 pm	Friday
M.E.G.	1:30 pm	Thursday

SING-A-LONG

Edgewood	12:30 pm	Thursday
Luisa	11:45 am	Tuesday
Pasatiempo (Spanish)	11:30 am	Wednesday
Pasatiempo (English)	11:30 am	Mon./Thur.
M.E.G. (Spanish)	11:30 am	Friday

SPANISH CLASS

Pasatiempo	9:00 am	Tuesday
Pasatiempo	1:00 pm	Tuesday

TAI CHI

Pasatiempo	9:00 am	Thursday
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WEAVING

El Rancho	9:00 am	Wednesday
Santa Cruz	9am/12:30pm	Tuesday
Chimayo	12:30 pm	Monday

WOOD/STRAW APPLIQUE

M.E.G.	9:30 am	Thursday
Pasatiempo	9:30 am	Wednesday
Santa Cruz	12:30 pm	Tuesday
Villa Consuelo	1:00 pm	Wednesday

YOGA

Pasatiempo	8:30 am	Tuesday
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TOASTMASTERS

Ventana de Vida	6:30pm	Tuesday
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HOCKEY FOR SENIORS

When was the last time you watched the NHL hockey greats on television and fantasized about charging out on the ice and playing this exciting winter sport yourself? For many of us the idea may seem remote. But, life is full of remote opportunities which we may dismiss too quickly. Right now, many players over fifty-five are suiting up in New Mexico and are enjoying the game in the Santa Fe Old Timers League or in the USA Hockey League. According to Dale Whittleton, a local senior who is a dedicated hockey player, men in their fifties and sixties are having terrific times on their local rinks. This is something to investigate as a new possibility to keep in excellent physical condition and have fellowship with guys who want to stay active.

If this message strikes you as an interesting and fun thing to do, call me (Bill) at 471-1277 and I will give you more information.

HIGH SCHOOL HOCKEY

In case you haven't noticed, the mighty National Hockey League is out of business this year, which is sad for hockey fans, and places the NBA's basketball program as the only major team sport going on right now.

However, high school hockey is rolling right along in Santa Fe and this is a very good thing for the young folks. In a tournament held at the Genoveva Chavez ice rink from February 12th through the 14th, several high school teams from Santa Fe, Albuquerque, Los Alamos and Taos played in a successful tournament that this writer was fortunate enough to witness.

The quality of the competition was really quite good, ending in a 5-3 win for Albuquerque's St. Pius over the local Santa Feans. The final match was hotly contested, and I was proud that my grandson Wilson was on the St. Pius squad.

Most of the hockey players seemed to have a lot of fun in this fast-paced sport on ice. There was, shall we say, exuberant partisan cheering from the fans, consisting mostly of family and close friends of the stick-wielders. And maybe the most noteworthy feature of the teams was the young women players competing side by side with the young men and performing quite well indeed.

MEMORIES OF INFORMAL ILLINOIS POND HOCKEY

I recall "drop in" hockey in Illinois, the way teenagers played the game in the forties. My brother and I would show up at the frozen pond which served as a golf water hazard in sunnier months. A few other guys would already be skating on the ice, and when we had a quorum we would choose up sides. Hockey sticks clashed. The game was on! We would enter the fray in earnest.

Being a younger fry, I often found myself in the role of goalie. I had good reflexes then, and I was able to stop a fair number of shots with my stick. However, many times, the hard, frozen puck hit my shins and knees. OUCH! I can still remember the pain, which the frigid temperatures and falling snow did not help in the least.

Our "uniforms" were mostly non-existent. Any padding we had was of thin makeshift pillows fashioned at home. Some guys had faded Chicago Blackhawk sweatshirts, and one brave kid sported a Detroit Red Wings shirt.

When it became too dark to see well, or the snow continued to fall relentlessly, we trudged, bone tired, to our respective houses. Can you imagine arriving home at dusk, with fingers and toes half frozen, and getting your first glimpse of the yellow and orange blazes of a fireplace? If you were very lucky, and had a great mom like I did, you savored a cup of steaming cocoa and hot buttered popcorn.

Somehow I remember the homecoming experience as the most pleasant memory of those cold winter days in Illinois.

BITS AND PIECES

Registration for the local Senior Olympic Games ends March 11th.

Bowlers get first crack at the competition. They will get their balls rolling down Silva Lanes starting at 1:00 p.m. on March 30th.

All other athletes must wait until April or May to participate in their sports of choice.

THOUGHTS TO PONDER

"I find the great thing in this world is not so much where we stand as in what direction we are moving"

-Oliver Wendell Holmes

Hast abril, mis amigos!

SENIOR CENTERS MEMBERSHIP INFORMATION

Do you have a Senior Center Membership ID Card?

All senior citizens who make use of the programs, transportation, activities or meals provided by the Division of Senior Services should have a Senior Center Membership ID Card. The card is white with the senior's photograph, emergency contact, medication information, and a barcode on it.

The barcode enables us to scan the card when we provide meals, transportation, activities, or commodities so that we can record units of service provided. The more units of service we can document, the more funding we receive to continue and expand our services to the senior population. So, it is very important to our programs for each senior to have a card and to bring it every time they use any Senior Services program.

If you do not have a card, please come get one. The card costs \$2 (\$1 for a reprint, if you lose yours or the information needs to be updated). The white cards NEVER EXPIRE!

THE FOLLOWING IS THE SENIOR ID SCHEDULE FOR FEBRUARY 2005:

M.E.G. Center	Tuesdays	March 1, 8, 15, 22, 29	9:30 to 12:00 & 1:30 to 3:00
M.E.G. Center	Thursdays	March 3, 10, 17, 24, 31	9:30 to 12:00 & 1:30 to 3:00

HEALTH

BLOOD PRESSURES, BLOOD SUGAR AND OXYGEN LEVEL TESTS

All tests are free of charge and open to anyone age 60 or over. Following the tests is a brief, free medical consultation, based on test results.

Tests this month will be conducted on the following dates:

M.E.G. Center - First and Second Tues. Tests conducted by Joanne M. Valdez, RN, BSN	March 1, 8	11:00 a.m. to 12:00 noon
Luisa Center - First Thurs. Tests conducted by Joanne M. Valdez, RN, BSN	March 3	11:00 a.m. to 12:00 noon
Villa Consuelo Center - Second Thurs. Tests conducted by Joanne M. Valdez, RN, BSN	March 10	10:00 a.m. to 11:00 a.m.
Pasatiempo Center - Third Tues. Tests conducted by Joanne M. Valdez, RN, BSN	March 15	11:00 a.m. to 12:00 noon
Ventana de Vida Center - Third Thurs. Tests conducted by Joanne M. Valdez, RN, BSN	March 17	11:00 a.m. to 12:00 noon
Edgewood Center - Every Thurs. Tests conducted by Valerie Dorcy, RN	March 3, 10, 17, 24, 31	1:00 p.m. to 3:00 p.m.
El Rancho Center - Second Tues. Tests conducted by Lynn Berger, RN	March 8	10:00 a.m. to 12:00 noon
Santa Cruz Center - Third Wed. Tests conducted by Frances Vigil, RN	March 16	11:00 a.m. to 1:00 p.m.

Senior Fitness

(By Jim Evans, a 38 year veteran of the health and fitness industry and a nationally recognized consultant on fitness for seniors.)

When should you consider a scooter or wheelchair?

Dear Jim:

So many of my older friends, myself included, are having difficulty getting around anymore. We all seem to have physical problems of one kind or another that keep us from doing a lot of the things we used to enjoy doing. I use a cane for support, and my doctor prescribed a manual wheelchair for me to use from time to time, but it wears me out whenever I use it. I don't drive anymore either, and lately I've been considering purchasing an electric scooter or power wheelchair to get around. My kids think I'm crazy, but I want my independence back without having to depend on someone else every time I want to go somewhere. How about a second opinion?

-Not getting around much anymore

Dear Not Getting Around Much Anymore:

Most able-bodied people, especially relatives and friends, cannot understand what a scooter or electric wheelchair can mean to someone who is physically disabled. They think of it only terms of cost, not value, and consider it a "luxury." But ask them what they would do if they were disabled and dependent upon everyone else to get around without the "luxury" of a car, for example and they usually sing a different tune or dance around the issue entirely. Being "home-bound" can be a shortcut to depression and can exacerbate other existing medical problems as well.

It's true that most insurance companies will not usually cover the cost of a mobility scooter or power chair, so you would probably have to make a financial investment on your own, and they are not inexpensive. I know, I know all of the ads you see on television lead to believe that Medicare is going to purchase a scooter for you, but you have to listen more carefully to what they are saying. Mobility

companies will usually handle the paperwork to apply for Medicare coverage IF YOU QUALIFY (in fact, they are required to apply for you on request even if you do not qualify) but, the reality is that if you can walk to your front door, you will probably not qualify for Medicare coverage, you must meet ALL of the qualifications to be eligible.

The purchase of a mobility vehicle can often make a positive difference in your quality of life. However, it should not be considered a substitute for physical activity which is important regardless of your physical limitations but, rather, it should be considered a means to restore your independence so that you can get so that you can get out of the house and go places and do things again on your own. Only you can decide whether or not a mobility vehicle is for you. If you think it is going to make your life better, then it's your call.

Yoga

(From *Healthy Aging* Fall 2003)

Exercise to relax, tone, & stretch. Yoga can help counteract our modern stress-filled, tightly schedule lives. Though the Americanized version of yoga focuses more on the physical than the spiritual, it still benefits both mind and body.

Yoga Will

- Calm you. The exercises, combined with the deep breathing, slow down your heart rate and metabolism, and lower blood pressure.
- Tone your muscles.
- Stretch and strengthen your muscles. By including yoga in your workout, you build strength by stretching and holding a posture, not by lifting weights.

Young or old, yoga is good for just about anybody. As with any exercise program, if you are just getting started or have had back troubles or other medical problems, check with your doctor first.

Yoga Won't

- Yoga won't build muscles.
- Yoga won't demand special equipment of you, or special clothes (just loose and comfortable).
- Yoga won't tire you out. Instead, you will feel more calm and energized after a workout.

About Alzheimer's Causes and Risk Factors

(From the Alzheimer's Association)

No one knows yet exactly what causes Alzheimer's disease. Researchers are learning about what happens to brains as we grow older, what happens to brain cells in Alzheimer disease, genes associated with Alzheimer's and many other factors that may be important. Most researchers agree that the cause may be a complex set of factors.



There are two abnormal structures in the brain associated with Alzheimer's disease. Amyloid plaques are clumps of protein fragments that accumulate outside of cells. Neurofibrillary tangles are clumps of altered proteins inside cells. Research about these structures have provided clues about why cells die, but scientists have not determined exactly what role plaques and tangles play in the disease process and whether these are the key factors.

Studies have shown that the greatest known risk for developing Alzheimer's is increasing age. As many as 10 percent of all people 65 years of age and older have Alzheimer's. As many as 50 percent of all people 85 and older have the disease. A family history of the disease is another known risk. Having a parent or sibling with the disease increases an individual's chances of developing it. Scientists have identified three genes that cause rare, inherited forms of the disease that tend to occur before age 65. Researchers have also identified one gene that raises the risk of the more common form of Alzheimer's that affects older people.

Much dementia research has focused on vascular risk factors, which are factors related to the blood circulation system. A great deal of evidence shows that disorders such as high cholesterol and high blood pressure (factors that cause strokes and heart disease) may also increase the risk for developing Alzheimer's.

Finny Business

(From *AARP Magazine* September/October 2004)

Why eating fish is still more healthy than hazardous

It's a confusing time for fish lovers. Eating fish may cut your odds of having a heart attack or stroke, yet recent headlines have warned of dangerous toxins. Are gill seekers facing a no fin situation? To be safe, limit yourself to four servings a week, but don't let fear overtake some facts:

Rumor: Fish can poison your brain. **Reality:** Only if you wear booties. A recent government advisory warned that pregnant or nursing women and their offspring's should avoid certain fish species (the highest mercury levels are found in shark, king mackerel, swordfish, and tilefish).

Mercury is a concern "in fragile, developing brains, not fully developed brains, or aging ones," says Kathleen Wilson, M.D., author of *Brain Maintenance; How to Prevent Stroke And Delay Dementia*. In fact, eating fish may help fight Alzheimer's; in a study published in 2003, people ages 65 to 94 who ate fish at least once a week had 60 percent lower risk of Alzheimer's than those who rarely or never touched the stuff.

Rumor: Farmed salmon causes cancer. **Reality:** Only if that's all you eat. A recent study found that farm-raised salmon (the type sold in most supermarkets) contain up to 10 times more of the pollutant PCB than wild salmon do. But that's still 40 to 50 times below FDA levels that raise health concerns, says Michael A. Gallo, Ph. D., of the Cancer Institute of New Jersey. Routine intake of fatty fish like salmon has been linked to a 30 to 50 percent drop in colorectal and ovarian cancer risk and a 70 percent decreases in prostate cancer risk.

Want to cut of the PCBs levels? Peel the skin before you cook it. "You'll take away up to 75 percent of the PCBs in a serving,"

Rumor: Fish oil supplements are safer. **Reality:** Only if your doctor says so. Fish oil can help fight heart disease, but it can make blood cells less likely to stick together. If you take too much, or if you're on blood-thinning drugs, you can block your blood's ability to clot (upping your hemorrhagic stroke risk). "Fish is a terrific source of protein, vitamins, and minerals," says Gallo. "You won't get that from capsules alone."

Rx-America Group, Inc. a non profit organization

Rx-America Group, Inc. is a non-profit organization that will help locate prescription medication that is discounted from 30-90%. This **FREE** service is currently offered to help lower prescription medication costs. Persons that qualify:

- Seniors (who **do not** have medical and/or prescription insurance)
- Persons without medical insurance
- Persons with limited coverage insurance or have exceeded maximum allowable co-payment on your insurance
- Medicare recipients
- Medicaid recipients

Through internet service, *Rx-America Group, Inc.* will research, locate and obtain your prescription medication from certified pharmaceutical companies throughout Canada and other countries.

**This service is for location of discounted doctor prescribed medication only and is not for diagnosing or treating your health care problems or disease, or to prescribe medication.*

To obtain a **FREE** prescription search, please fill out the attached form and mail to Director, c/o *Rx-America Group, Inc.*, PO Box 31753, Santa Fe, New Mexico, 87594-1753.

(PLEASE PRINT CLEARLY)

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

PHONE: _____

Best Time to Call: _____ Home Bound? _____ Yes _____ No

Prescriptions

Dosage (in ml. or mg.)

SAFETY

Air Bags

(From The Defensive Driving Guide By the National Safety Council)

Supplemental restraint systems, or air bags, help protect the head and neck of the driver and the front-seat passenger during a frontal collision. Air bags supplement or add protection to the other occupant-protection systems. Air bags are not a substitute for safety belts.

How air bags work: In a frontal collision, sensors detect rapid deceleration and signal the control unit to inflate the air bags. During a collision the safety belt helps to restrain the lower body and torso. The air bags absorb crash energy and help keep the head and chest of front-seat occupants from hitting the interior of the vehicle. After inflating, the air bags quickly deflate. The entire process, from detection to deflation, takes only a fraction of a second.

Facts about Air Bags. Air bags housed in the steering wheel or dashboard inflate only when needed, in a frontal collision. In general, these air bags inflate in severe frontal crashes only. A severe collision is similar to a collision into a parked vehicle of a similar size and weight at 10-12 miles per hour or faster. Air bags do not inflate in a moderate frontal collision or during a rear impact or rollover. Side impact bags are now included in some vehicle models. A severe side impact causes the bag to inflate, to cushion drivers or passengers from the door and the side window close to them.

Why are drivers concerned? Most new cars have air bags for front seat passengers. When used with lap and shoulder belts, air bags work very well to protect older children and adults who ride facing the front of the car. An infant in a rear-facing child seat must ride in the back seat of the vehicle. Air bags can seriously injure or kill an unbuckled, or improperly buckled, child or adult who is sitting too close to the air bag-equipped dashboard or who is thrown toward the dashboard during emergency braking. In a crash the air bag inflates at a speed of approximately 200 miles per hour. It can hit anything close to the dashboard with enough force to cause severe injuries or death.

What can you do? Make sure that everyone in the front seat is properly buckled up and seated as far back from the air bags as possible. The rear seats are the safest place for children of any age, but at least up to age 12, to ride. Read both the owner's manual and the instructions for the child safety seat.

Food in an Emergency

(From the American Red Cross)

Short-Term Food Supplies

The easiest way to develop a two-week stockpile is to increase the amount of basic foods you normally keep on your shelves.

Storage Tips

- Keep dry food in a dry, cool, dark spot, if possible.
- Open food boxes or cans carefully so that you can close them tightly after each use.
- Wrap cookies and crackers in plastic bags, and keep them in airtight containers.
- Empty opened packages of sugar, dried fruits and nuts into screw-top jars or airtight cans to protect them from pests.
- Inspect all foods for signs of spoilage before use.
- Use foods before they go bad, and replace them with fresh supplies, dated with ink marker. Place new items at the back of the storage area and older ones in front.

When the food supplies are low

If activities are reduced, healthy people can survive on half their usual food intake for an extended period and without any food for many days. Food, unlike water, may be rationed safely, except for children and pregnant women. Also, canned foods won't require cooking, water or special preparation. Following are recommended short-term food storage plan:

Special Considerations - Foods that require no refrigeration, preparation or cooking are best. Individuals with special diets and allergies will need particular attention, as will babies, toddlers and elderly people. Nursing mothers may need liquid formula, in case they are unable to nurse. Canned dietetic foods, juices and soups may be helpful for ill or elderly people. Make sure you have a manual can opener and disposable utensils. And don't forget nonperishable foods for your pets.

Learn more

If you are interested in learning more about how to prepare for emergencies, contact your local or State Office of Emergency Management or local American Red Cross chapter, or write to FEMA PO Box 2012 Jessup MD 20794-2012

PUZZLES

ACROSS

1. Vigor
4. Kingly
9. Ply the oars
12. Anger
13. Gladiator's battle-zone
14. Actress Gardner
15. They may be one-car or two-car
17. "The butcher, the —, and the candle-stick maker"
19. "— a Lady, " Tom Jones song
20. Joe Louis and Muhammad Ali
21. Got to one's feet
23. Was concerned
24. Curtis of "Some Like It Hot"
25. Judges' garments
26. Obey a green light
28. Notices in the classifieds
29. Lost color
30. Fishing pole
31. Opposite of a 6-Down
32. Adores
33. Strong wind
34. "Stubborn" beasts
35. Blows (up) one's cheeks
36. Puts on ice
38. Stop
39. See 16-Down
40. Flawless
43. Noah's vessel

44. "Whole" grain
46. Regret
47. Child's plaything
48. Word in an apology
49. Mediterranean, for one

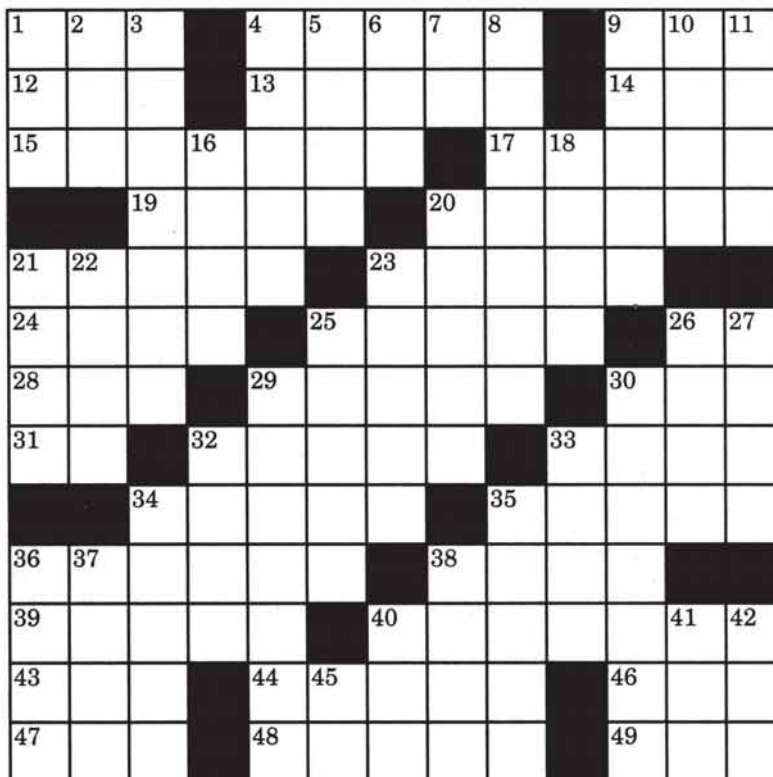
DOWN

1. Sty resident
2. Historical period
3. People
4. Stormed (on)
5. Lode loads
6. Affirmative reply
7. Indefinite article
8. Worked
9. Gathered leaves
10. Above
11. Armed conflicts

CROSSWORD 1

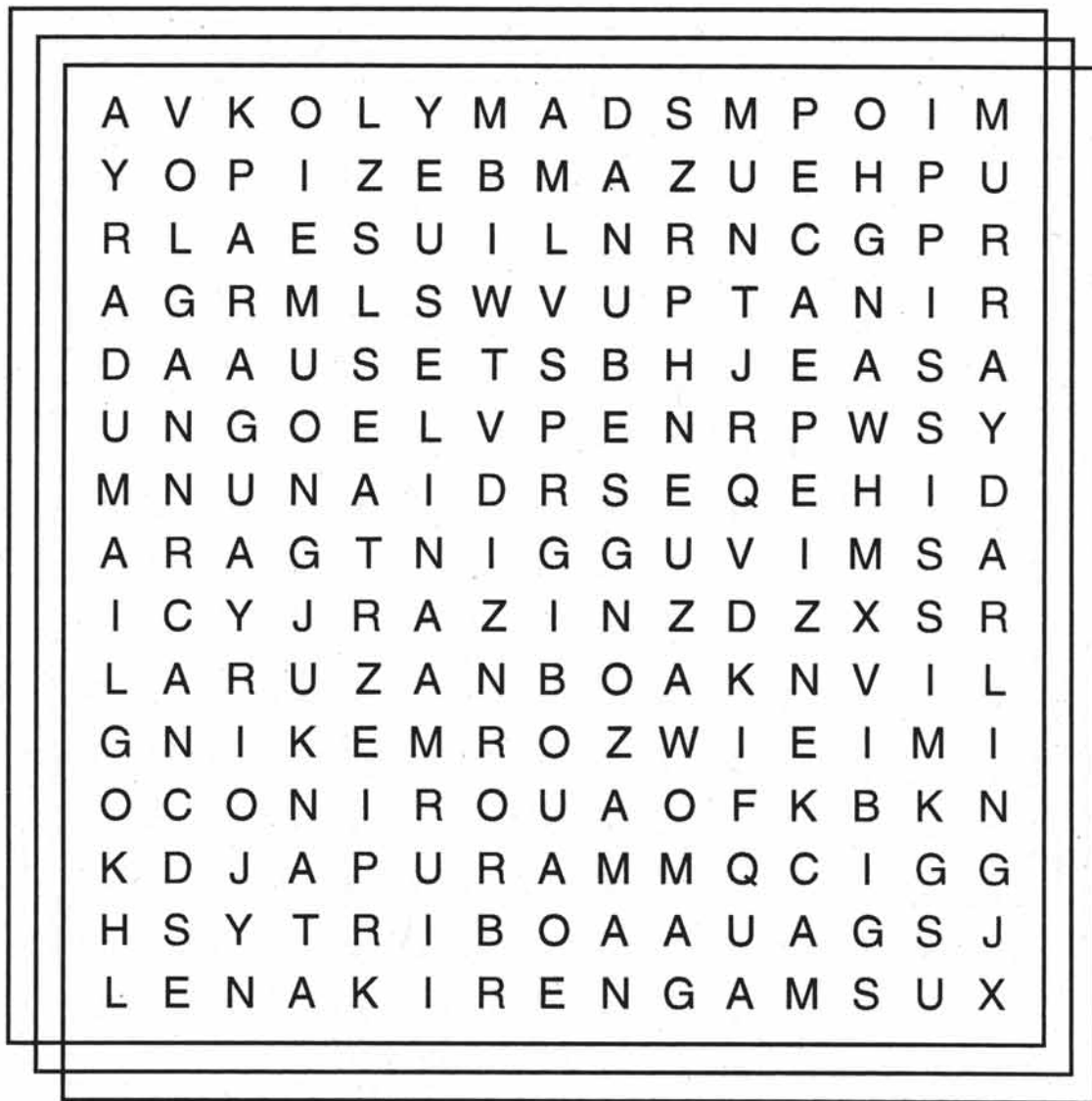
16. Greeting word
18. Tree-chopping tools
20. Infants
21. Laurel, of Laurel and Hardy
22. Fuss: hyph. wd.
23. Sets of secret symbols
25. Talks enthusiastically
26. Tiger Woods' game
27. Lyric poems
29. Comes after
30. Roof supports
32. Period of calm
33. Persian — War
34. Like an opal
35. One may be thrown on a birthday
36. Talk informally
37. Submarine sandwich
38. Listen to
40. For each
41. Billiards stick
42. Steeped drink
45. "Westward —!"

Solution is on page 136



PUZZLES continued

RIVERS OF THE WORLD



W-0177

AMAZON
AMUDARYA
AMURARGUN
DANUBE
HWANGHO
INDUS
JAPURA
KOLYMA
LENAKIRENGA

MACKENZIE PEACE
MEKING
MISSISSIPPI
MISSOURI
MURRAY DARLING
NIGER
NILE
OBIRTYSH
ORINOCO

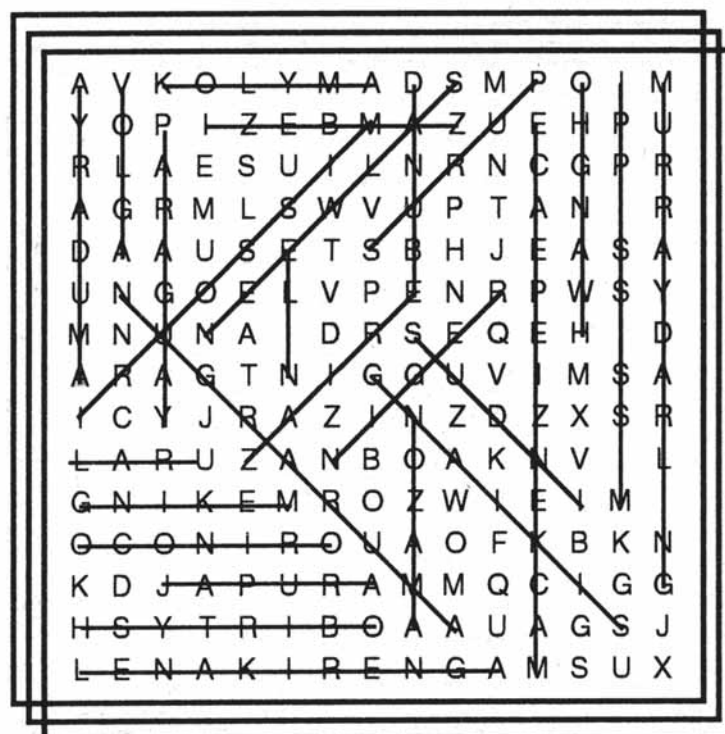
PARAGUAY
PURUS
SALWEEN
SIKIANG
URAL
VOLGA
ZAIRE
ZAMBEZI

PUZZLE answers

CROSSWORD 1

P	E	P		R	O	Y	A	L		R	O	W
I	R	E		A	R	E	N	A		A	V	A
G	A	R	A	G	E	S		B	A	K	E	R
		S	H	E	S		B	O	X	E	R	S
S	T	O	O	D		C	A	R	E	D		
T	O	N	Y		R	O	B	E	S		G	O
A	D	S		F	A	D	E	D		R	O	D
N	O		L	O	V	E	S		G	A	L	E
		M	U	L	E	S		P	U	F	F	S
C	H	I	L	L	S		H	A	L	T		
H	E	L	L	O		P	E	R	F	E	C	T
A	R	K		W	H	E	A	T		R	U	E
T	O	Y		S	O	R	R	Y		S	E	A

puzzle 77



SENIOR CENTER LUNCH MENU

MARCH 2005

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 SPAGHETTI WITH MEAT SAUCE ITALIAN VEGGIES TOSSED SALAD GARLIC TOAST FRESH FRUIT MILK	2 BREADED CHICKEN PATTY MASHED POTATOES CREAM GRAVY CHEESY BROCCOLI APRICOTS ROLL MILK	3 RIB PATTIES POTATO SALAD TANGERINE BISCUIT MILK	4 BAKED FISH TATER TOTS CARROTS SHERBET ROLL MILK
7 POLISH SAUSAGE SAUERKRAUT BOILED POTATOES CARROTS PUDDING ROLL MILK	8 BAKED CHICKEN CREAM OF MUSHROOM SAUCE NOODLES VEG. MEDLEY PEACHES ROLL MILK	9 MEAT LOAF WITH PEPPERS / ONIONS CELERY STEWED TOMATOES MASH. POTATOES GREEN BEANS PEARS ROLL / MILK	10 CRUNCHY BEEF TACOS PINTO BEANS TOSSED SALAD BANANA MILK	11 BEANS & CHEESE BURRITO SPANISH RICE GREEN CHILE SAUCE CHERRY CRISP MILK
14 LASAGNA WITH MEAT SAUCE ITALIAN VEGGIES TOSSED SALAD GARLIC TOAST PUDDING MILK	15 FRITO PIE CHEESE / ONIONS PINTO BEANS POTATO SALAD CORN BREAD PINEAPPLE BITS MILK	16 CHICKEN ALFREDO NOODLES TOSSED SALAD BROCCOLI PLUMS ROLL MILK	17 <u>ST. PATRICK'S DAY</u> CORN BEEF BOILED CABBAGE CARROTS BOILED POTATOES SHERBET ROLL MILK	18 SALMON PATTY RED CHILE SAUCE MACARONI & CHEESE PEACHES ROLL MILK
21 HAM WITH HONEY GLAZE YAMS BROCCOLI ICE CREAM ROLL MILK	22 PORK CHOPS STEAMED RICE GRAVY SPINACH APPLESAUCE ROLL MILK	23 HAMBURGER WITH CHEESE GREEN CHILE BURGER SALAD PORK & BEANS FROSTED CAKE MILK	24 CARNE ADOVADA SPANISH RICE REFRIED BEANS TORTILLA SHERBET MILK	25 <u>NO CENTER MEALS</u> TUNA SALAD TOMATO SLICES CHIPS YOGURT CRACKERS/MILK M.O.W. ONLY
28 SWEET & SOUR PORK STEAMED RICE ORIENTAL VEGGIES EGG ROLL PINEAPPLE BITS MILK	29 HAM & CHEESE SANDWICH VEGETABLE SOUP POTATO CHIPS GRAPEFRUIT MILK	30 SALISBURY STEAK MASHED POTATOES BROWN GRAVY MIXED VEGGIES BISCUIT FRUIT JUICE MILK	31 GREEN CHILE BEEF ENCHILADA PINTO BEANS SPANISH SLAW TORTILLA FRESH FRUIT MILK	

Please note: At MEG Center only, on any given day, you may choose soup and salad rather than the hot meal listed above.